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metro SUMMER FUN GUIDE

Thursday, June 19, 2014

Sectarian strife rocks Baghdad

Shiite fighters prepare to take up arms against Sunni militants as deadly blasts strike Iraq's capital **PAGE 8**

World Cup roundup: Day 4

Messi and co. get Argentina off to a good start, while France dominates and Swiss claim dramatic victory **PAGE 24**

YOU CANNOT KILL WHAT'S ALREADY DEAD

ROTTEN WEATHER, DAY OF THE DAD DON'T STOP ZOMBIE WALK **PAGE 3**



One step 'out of the ordinary'



Adrian Bent, left, and his daughter Marlo, 5, try their hand at hula-hooping during Switch: Open Street Sundays in Dartmouth this past weekend. JEFF HARPER/METRO

Switch: Open Street Sundays. Dartmouth event ditches cars for needed dose of novelty



HALEY RYAN
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A woman pulling a red wagon down Dartmouth's Portland Street on Sunday afternoon called to her young son walking along the sidewalk.

"If you want, you can walk in the street," said Kait Sullivan.

Cormac jumped into the street with his rubber boots, grinning at the cyclists and dozens of people walking and skateboarding around him.

Morning rain and an overcast sky didn't keep hundreds of people from turning out for Switch: Open Street Sun-

Neighbours

"You can bump into people and kind of feel like this is our community," Kait Sullivan



Andrew McCarthy, 4, left, plays with a toy duck held by Marguerita Johnson from the Alderney Public Library. JEFF HARPER/METRO

days in Dartmouth this past weekend. The crowds were rewarded when sunshine broke through the clouds after 2 p.m.

"It's something special and out of the ordinary," Sullivan said about the event, which closed 2.5 kilometres of roadway along Portland Street and Prince Albert Road to Lake Banook.

Local boutiques set up racks of clothes on the sidewalk, a flower store arranged blooms outside and booths featured Dartmouth T-shirts, snow cones and henna.

People of all ages hula-

hooped on Portland Street as others tried out a piano set up in the road next to St. James United Church.

"It's a great opportunity to realize ... you don't always have to cross the bridge, and there's lots of things going on here," Sullivan said.

Sarah Duggan and her husband Mike are new to Dartmouth, and Sarah said she was happy to see an event offering something "free and interesting to do on the weekends."

"It has a great feel to it," she said. "It makes it feel like a community event."

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East Preston

Home a 'total loss' after morning fire

An East Preston family wasn't home Sunday morning when a blaze broke out in their two-storey building, according to Halifax Regional Fire.

Division Cmdr. Lloyd Currie said crews were called to Brian Street just after 1 a.m., where they found the house fully engulfed in flames.

"I believe the house was a total loss," Currie said.

Radiant heat damaged the siding of the building next door, but Currie said the fire did not spread.

Investigators were gathering evidence Sunday to determine a cause.

HALEY RYAN/METRO

Dartmouth

Police use stun gun on 'non-compliant' man

Police say a man has been hospitalized with minor injuries after officers used a conductive energy weapon (CEW) during a confrontation in Dartmouth.

A release from Halifax Regional Police states officers went to the 100-200 block of Albro Lake Road around 7:20 p.m. after reports of a man threatening to shoot another man.

Police set up a perimeter around the apartment building where it was believed the man lived.

As the man left the building, he was "non-compliant" with police commands, and started walking towards the officers. The use of the CEW didn't stop the man, and he was physically subdued by an officer before being arrested. METRO



People dressed as zombies cross South Park Street during the annual Halifax Zombie Walk on Sunday. JEFF HARPER/METRO

Halifax is undead on arrival at Zombie Walk

Braaaains. Father's Day, rainy conditions can't keep bloody, shuffling Haligonians from having beyond-the-grave fun



HALEY RYAN
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A little girl with pink ribbons in her hair and blood dripping from her mouth held her father's hand and smiled up at his scarred face as dozens of zombies shuffled around them.

About 100 people staggered through downtown Halifax

Sunday afternoon for the annual Zombie Walk, which turned ordinary residents into everything from undead prom queens, golfers, a family and doctors from beyond the grave.

"Mom gets to wash me off and she doesn't know yet," eight-year-old Makenzie Green said with a grin as she looked down at her arms and pink dress streaked with red.

Her father, Michael Green, was dressed as a zombie construction worker and said they had come from Bridgewater to participate for the first time because of Makenzie's love for zombies.

Green said Makenzie loves the TV show The Walking Dead

and modelled her pink outfit after Penny from the series.

Organizer Maully Keefe said the eighth annual event had a smaller turnout than usual due to rainy weather and Father's Day, but said it's always fun "to try to bring some spontaneity" to the city.

Friends Marie Cromwell, 30, and Patricia Berdtkin, 29, came as zombie hula dancers with leis and grass skirts.

"It's a creative way to express yourself in an innocent, fun way," said Berdtkin, who said she used latex paste to make it look like grey skin was peeling around one eye.

"When else are you going to be able to dress like this and

Quoted

"I think it's neat and I think it's fun."

Bystander Jeff Scott

saunter down Spring Garden Road?" Cromwell said.

Upbeat music drifted across the grass from the bandstand as the hordes of undead roamed the Public Gardens.

"Where else can you go to capture big band music in a traditional Victorian garden, and zombies walking through the park in broad daylight? Absolutely Halifax," laughed bystander Lane Farguson.

1 NEWS

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Stop! In the name of dance

Ain't no party like an afternoon dance party. Impromptu event sees people get down in city park

BRAEDON CLARK

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Sometimes people just want to dance.

That was the lesson you'd have learned if you walked by the Hali Dance Train at Victoria Park on Saturday afternoon.

Under dreary skies, about 20 people hopped, skipped and danced their way around the park, drawing curious onlookers and even drawing in a few passersby.

Organized by a group called Start With a Smile, the Hali Dance Train was designed to make people have at least a little bit of fun, all without worrying about how ridiculous they may have looked.

"It's all about the power of a smile," said Lorelei Phillips, one of the event organizers. "If we can make people's days just

Smile and shimmy

"Dancing is great. It keeps you healthy and happy."

One of the participants

a bit better, we're doing something right."

In the past, Start With a Smile has organized a cross-walk dance party and flash-mob events. Phillips said there was more in store for the summer, including plans for something that she would only call "The Awesomer."

The afternoon began with a choreographed number by Gerard Murphy, a modern line-dance instructor.

As Murphy put his charges through their paces, more and more people began to line the park, wondering what in the world was going on.

While most stood on the sidelines and watched, a few brave souls hopped right in and danced along, and not always well.

"I met up with Lorelei on Twitter," Murphy said when



Participants in the Hali Dance Train, organized by Start With a Smile, enjoy an impromptu dance party at Victoria Park on Saturday. BRAEDON CLARK/FOR METRO

explaining his involvement. "She asked if I wanted to help out with this, and of course I said yes."

After going through Mur-

phy's routine, the dancers moved into the park and broke out into two lines.

With music blasting (including, appropriately, Pharrell's

hit song Happy), one person from each line would dance down the middle in whatever way they saw fit.

Some were old, some were

young — a baby in a stroller was pushed down the line at one point — but everyone seemed to be having a good time.

Greek Fest carries on under drizzly grey skies



Greek supporters at Halifax's Greek Fest lament a missed opportunity during Greece's 3-0 loss to Colombia at the World Cup on Saturday. BRAEDON CLARK/FOR METRO

The best laid plans of mice and men always have one foil: Mother Nature.

That painful lesson was laid bare at Halifax's Greek Fest on Saturday, where an organizer estimated that attendance could be cut in half by the rainy weather.

"It's a risk we take, and it's one that we accept," said George Theoharopoulos, the chair of the festival's steering committee.

Rather than worry about the elements, Theoharopoulos focused on the positives, noting that the food would be there despite the rain, and would be as delicious as ever.

That continued all day Sunday, as the event was up against wet weather again.

"The food, the music, the dancing, it's all still here," he said. "We make the best of it."

The festival is centred around St. George's Greek Orthodox Church and is one of the oldest cultural celebrations in Halifax, tracing its history back to 1986.

Each year, the festival attracts between 15,000 and 20,000 people, though the weather could damp down numbers this year.

Even so, there were many on hand who came out to enjoy the festival's main at-

Fever pitch

Perhaps the most boisterous part of the festival was the area surrounding the big-screen TV, which was showing Greece versus Colombia in the World Cup on Saturday afternoon.

- There were both cheers and jeers, depending on what was happening on the field. In the end, though, the outcome matched the grey skies above. Greece fell to Colombia 3-0.

traction.

"We come for the donair and the Greek salad," said Mary Anne Ormand as she was polishing off her plate Saturday.

Ormand and Bernice Mar-

tin said they've been coming to the festival since the late 1980s and try to make it whenever possible.

"The food is always amazing," Martin said.

BRAEDON CLARK/FOR METRO

Driver ticketed

Woman injured after being struck in crosswalk

Police in Halifax have ticketed the driver of a vehicle in the city's latest incident of a pedestrian being hit in a marked crosswalk.

Around 7 p.m. Friday, police say a 26-year-old woman was struck in a crosswalk

at the intersection of Young and Robie streets.

She suffered minor injuries and was treated on the scene by paramedics.

The driver, a 56-year-old woman, was ticketed for failing to yield to a pedestrian in a crosswalk.

The victim was crossing with the light when the accident happened, and police are again reminding drivers to pay extra attention with pedestrians. **METRO**

East Hants

Stolen backhoe valued at \$175,000 seized by RCMP

One's heard of stolen cars, but a stolen backhoe?

The RCMP say they seized a Case 580s backhoe valued at \$175,000 from a property in Upper Nine Mile River this week.

The East Hants Street



An image of the backhoe. COURTESY RCMP

Crime Enforcement Unit and the Enfield RCMP

executed the search warrant on Thursday and say that the backhoe had been stolen from Calgary in February 2013.

A 56-year-old man has been arrested for possession of property obtained by crime

and is due in Shubenacadie provincial court at a later date. **METRO**

In crosswalk

Boy unhurt after brush with car

An 18-year-old male driver has been ticketed after a 12-year-old boy was grazed by a car in a crosswalk.

A release from Halifax

Regional Police states that the boy was crossing Herring Cove Road at Sylvia Avenue around 2:50 p.m. Sunday in the crosswalk with the overhead lights flashing.

A car was stopped at the crosswalk, but the driver didn't see the pedestrian and started to move forward at a "slow rate of speed," just touching the boy's foot with the car's tire. EHS assessed the boy at the scene, but he wasn't hurt. **METRO**

Publication ban thwarts efforts to combat bullying, family says

Alleged cyberbullying victim. Child porn case before the courts

Her story has become widely known and her case linked to efforts to combat the pernicious effects of cyberbullying.

The young woman's name is a touchstone for governments and other families struggling with the sometimes tragic consequences of persistent online harassment and, in her case, an alleged sexual assault

that resulted in child pornography charges that are now before the court.

However, her parents say they are restricted in telling her sad narrative or advocating on her behalf because of a statutory publication ban intended to protect her by shielding her identity.

"I think it's actually ridiculous — no one was here to protect her when she was here and now they're talking about protecting the victim's rights, so it's just kind of a mockery and a slap in the face," said the

Quoted

"After all the publicity around the case to suddenly come up and say, 'Oh, by the way, no one's allowed to talk about this,' it just seemed really out of place to us."

Father of the alleged victim

teenager's mother, who can't be identified under the ban.

"Her story has helped so many other people ... so it is really important to not silence people who are already scared to come out and tell their story."

The ban was upheld by the provincial court in Halifax after two teens were charged with distributing child pornography in connection with the case.

One of them is also charged with making child pornography. The girl at the centre of

the case died last year following a suicide attempt.

A judge upheld the ban on any information that might identify her, as required by the Criminal Code, which states that a judge "shall" order such a ban in every case where child pornography is alleged.

Media outlets argued the ban should be overturned, but Judge Jamie Campbell ruled last month that he had no ability under the law to lift it.

The restrictions came even after the girl's family wrote directly to the court to ask that it

not be put in place and that her name be used in the proceedings and any other publications about the case. Campbell said the Criminal Code provision prevails over other statutes including the Youth Criminal Justice Act, which allows parents to waive publication bans if their child dies.

It's a finding that frustrates her parents, who say they will continue publicizing her name, including on social media and on T-shirts in response to the court decision.

THE CANADIAN PRESS



Annual street hockey tourney hits Halifax

Team World Wide Prestige (dark jerseys) takes on team Off the Dog during U17 competition at Play On! Halifax, an annual street hockey tournament. JEFF HARPER/METRO

Sydney

Police investigate three suspicious fires in Cape Breton

Nova Scotia police say they're investigating three suspicious fires that happened in the same Sydney neighbourhood.

Cape Breton Regional Police say a building housing three apartments on Lorway Street was extensively damaged in a fire early Saturday morning.

About 20 minutes earlier on nearby Argyle Street, a shed was destroyed in a blaze. There was a third fire reported on Lorway Street after a wreath hanging on the front door of a home was set on fire. No one was injured in any of the fires.

Investigators are asking anyone with information to call police.

THE CANADIAN PRESS

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Citadel Hill dispute goes to panel

Estimates. Halifax, federal government still at odds over what land is worth — and how much Ottawa owes the city

A dispute between Halifax and the federal government over the value of Citadel Hill will go before a panel Monday to help determine how much Ottawa owes the city in back taxes for the national historic site.

The amount has yet to be settled, two years after Canada's top court ruled in favour of Halifax and nearly 20 years after the disagreement began.

Ottawa had argued the roughly 16 hectares of land was only worth \$10 because it has no commercial value, while HRM argued before the Supreme Court that Citadel Hill was worth \$19 million.

A city lawyer now says



Citadel Hill re-enactors man the cannon at the fort on Canada Day 2013. JEFF HARPER/METRO FILE

that estimate has climbed significantly.

Senior solicitor Kirby Grant said she and two of her colleagues will present the dispute advisory panel with two property assess-

ments that range from \$51 million to \$68 million.

"Since (the Supreme Court decision), they've done a lot of analysis, an in-depth report on the value on the hill and looked at the most

recent sales," said Grant.

Public Works declined comment.

Property owned by the federal government is exempt from provincial and municipal taxation, but Ot-

tawa has established an act that provides payments in lieu of taxes. Those payments are established by the minister of public works and are based on the land's value.

Decision time

The advisory panel is expected to make a recommendation to the federal public works minister in the early fall.

The Supreme Court ruled in June 2012 that the federal government cannot set payments based on its own property value assessments that are far lower than provincial assessments.

But the decision didn't include a value for the site in downtown Halifax, and the two sides were not able to come to an agreement on their own.

Grant said documents the city has received indicate the federal government will argue the site is worth \$12 million, but should be valued at a 70 per cent discount because it is a national historic site, bringing the amount down to about \$3.6 million. **THE CANADIAN PRESS**

Rift in party revealed after MLA Chuck Porter quits PC caucus

A fissure within Nova Scotia's Opposition has been exposed after a prominent member of the Progressive Conservative caucus quit to sit as an Independent.

Chuck Porter said Friday tension with party leader Jamie Baillie was bubbling for some time.

"This started back a long time ago and I have tried to work through that," said Porter, who was the Tory health critic and represents the riding of Hants West.

"I just have not been able to be happy with being part of his team."

Porter accused Baillie of

micro-managing, saying the leader became too involved in his affairs and Baillie did not appear to value the opinions of the people he represents.

"I'm not going to be told by my leader to speak when he wants me to speak or on what topics, or meet with whom I want," he said.

Porter said there were many conversations he has had with Baillie since last fall that "did not end well," though he would not be more specific on what those discussions were about.

Baillie agreed he had a difference of opinion with Porter, but said it was centred on Porter's performance and neglect of duty.

Porter missed five public accounts committee meetings and a dozen caucus meetings since the Oct. 8 election, Baillie said.

"When I see an MLA that's only doing half the job, I call them on it," Baillie said.

Baillie said he travelled to Windsor on Thursday to air things out with Porter.



PC Leader Jamie Baillie METRO FILE

"We had a serious discussion about the expectations I have and that I believe taxpayers have and that's the difference of opinion," he said.

Porter acknowledged he missed those meetings.

"I couldn't sit there knowing something wasn't right and being hypocritical, if you will," said Porter, a former paramedic who was first elected June 13, 2006. **THE CANADIAN PRESS**

'Isolated case'

Jamie Baillie said his split with Chuck Porter is an isolated case and that he's on the same page with the rest of his caucus, now down to 10 members in the 51-seat, Liberal-dominated legislature.



Hedley kicks off MMVAs

Jacob Hoggard gestures in front of audience members as his band, Hedley, performs the opening number at the 2014 Much Music Video Awards in Toronto on Sunday.

CHRIS YOUNG/THE CANADIAN PRESS

Ottawa woman's journey from the streets to the law

University of Ottawa.

A troubled life left her homeless at 16 — but eight years later, she's a law school graduate



TREVOR GREENWAY
Metro in Ottawa

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland would have found hard to imagine a decade ago, struggling through a troubled upbringing that left her homeless at 16.



Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO

"If you told me 10 years ago when I was on the streets if I would ever be in law school, I would have probably just laughed in your face," said Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on

friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however: Ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles," she said. "If I compare my life now to even just a few years ago, it's not even comparable."

Ferland wants to draw from her street experience to become a criminal defence lawyer — and a voice for those living on the margins who get into trouble with the law.

And she wants to inspire those looking for a way out of homelessness, by presenting herself as a case study to show that it's never too late.

"You just can't give up," she said. "If you want something, there will be so many hurdles in your way. But if you overcome those hurdles, the rewards are enormous."

Yoga program helping inmates

Behind the walls of the infamous Elgin-Middlesex Detention Centre, where violence and fear is a daily fact of life, one man is trying to make a difference with a mat and an attitude of spirituality.

Jeff Hardy has opened the world of yoga to inmates.

"Mindfulness is the up-and-coming thing in social work," he said.

"But it's not really in Ontario yet. It's all over the United States, though."

Hardy goes into the jail

every Thursday night, throws down some mats, "and we stretch."

Tall and solid with a thick beard and some body art, the former probation officer doesn't look too out of place as he sits with the rest of the inmates.

To get in, he used his connections in correctional services and pitched the powers that be in a PowerPoint presentation, which seems to have done the trick.

The results, he said, have

been tremendous.

A binder full of positive feedback proves it.

The biggest complaint, he said with a laugh, came when he showed up and the inmates asked, "Hey, where's the chick?"

"I started off with the kitchen staff at the jail because they're the motivated guys. They want to work and get out of there," he said.

While no one connected with the jail was authorized to talk publicly about it,

Hardy said they approve of the program.

Now he hopes to receive funding from the Ontario Trillium Foundation to spread the good karma to prisons across the province.

"The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat," he said. Soon, he hopes, yoga will spread to many prisons to benefit the inmate population.

SCOTT TAYLOR/METRO

Online survey

Pierre Trudeau tops list of Canadian heroes

Canadians have come up with a Top 10 list of the country's greatest heroes, featuring some of the Conservative party's greatest adversaries, past and present. The list, compiled from online consultations in the run-up to Canada's 150th birthday in 2017, includes Pierre Trudeau, Jack Layton and David Suzuki.

About 12,000 Canadians participated in the online exercise that asked: Which Canadians have inspired you the most?

Only one clearly identifiable Conservative appears: Sir John A. Macdonald in eighth place. The list was topped by former Liberal PM Pierre Trudeau, followed by Terry Fox; NDP great Tommy Douglas; former Liberal PM Lester Pearson; astronaut Chris Hadfield; activist David Suzuki; Jack Layton; Wayne Gretzky; and Romeo Dallaire. THE CANADIAN PRESS

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Iraqi Shiites mobilize in response to Sunni militant attacks, threats



Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neigh-

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

bourhoods or security forces.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for

new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS

Casey Kasem

King of Top 40 dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued



Casey Kasem
THE ASSOCIATED PRESS

in varying forms — and for varying syndicators — until his retirement in 2009. In his sign off, he would tell listeners: "And don't forget: keep your feet on the ground and keep reaching for the stars."

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in commercials.

THE ASSOCIATED PRESS

Ukraine declares day of mourning after plane shot down by separatists

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, an analyst at Standard Bank PLC. "I



People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security officials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect

military aircraft.

Luhansk, a city near the border with Russia, is one of two eastern areas where separatists have seized government buildings and declared independence. Ukrainian forces still control the Luhansk airport.

THE ASSOCIATED PRESS



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Revoking pardon constitutional: Feds



Raed Jaser appears in court in Toronto in this artist's sketch from April 2013.
JOHN MANTHA/THE CANADIAN PRESS

Alleged Via Rail plot.
Raed Jaser asking court to reverse parole board's decision last year following new terrorism charges

Parole officials did not trample on the rights of an accused terrorist by revoking his criminal pardon based on the unproven charges he faces, the federal government argues in newly filed court documents.

There was "no abuse of

process" when the Parole Board of Canada moved last year to pull Raed Jaser's pardon for various convictions after he was charged with plotting to derail a Via passenger train, federal lawyers say in the submission to the Federal Court of Canada.

Jaser, 36, says officials made a "perverse and capricious" finding that he was no longer of good character due to the new terrorism charges.

He is also challenging the constitutionality of a section of the Criminal Records Act used to revoke his pardon.

Jaser, a Toronto resident, and Chiheb Esseghaier of

Quoted

"A charge is nothing but an unproven allegation ... and, thus, cannot constitute evidence that this applicant is no longer of good conduct."

Raed Jaser's counsel in their filing with the Federal Court of Canada

Montreal were arrested in April last year.

After coming to Canada with his family, Jaser ran into trouble with the law but later applied for a criminal par-

don, now known as a record suspension. In 2009, he was pardoned for uttering threats and fraud-related convictions between 1997 and 2001.

In his submission, Jaser argues the process places him in a catch-22 — either give up his right to remain silent and address the pending charges — or tell the board nothing and be stripped of his pardon.

The government counters that criminal law rights that allow an accused to remain silent and avoid self-incrimination do not apply to the administrative proceedings of the parole board.

THE CANADIAN PRESS

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Israeli prime minister accuses Hamas of kidnapping teenagers

Escalating tensions.

Israeli troops arrest dozens of members of Hamas and close off West Bank roads in a frantic search for three missing youths

Israeli troops on Sunday arrested some 80 Palestinians, including dozens of members of Hamas, in an overnight raid in the West Bank as the prime minister accused the Islamic militant group of kidnapping three teenagers who went missing nearly three days ago.

The crisis escalated already heightened tensions between Israel and the new Palestinian government, which is headed by Western-backed President Mahmoud Abbas but backed by Hamas. Israel, which considers Hamas a terrorist group, has

condemned the alliance and said it holds Abbas responsible for the teens' safety.

"Hamas terrorists carried out Thursday's kidnapping of three Israeli teenagers. We know that for a fact," Netanyahu said. "Hamas denials do not change this fact."

Netanyahu provided no evidence to back his claims. Palestinian officials rejected Netanyahu's contention that they are responsible. Hamas, meanwhile, praised the apparent kidnapping but stopped short of accepting responsibility.

The three youths — Eyal Yifrah, 19, Gil-Ad Shaer, 16, and Naftali Frenkel, 16, who is also a U.S. citizen — disappeared Thursday night as they were heading home from a West Bank religious school.

Officials confirmed that one of the teens called a police emergency line around 10:25 p.m. and said, "We've been kidnapped." They have not been

Co-operation

Despite the exchange of accusations, security officials from Israel and Palestinian forces have been co-operating closely in the West Bank trying to find the kidnappers.

- President Mahmoud Abbas met with his security chiefs late Saturday and urged them to do anything they can to contribute to the search, said a senior Palestinian official who spoke on condition of anonymity.

heard from since then.

The case has riveted the nation's attention, receiving around-the-clock coverage in local media. Late Sunday, more than 10,000 people converged at Jerusalem's Western Wall, the holiest site where Jews can pray, for a special mass prayer, police said.

Palestinian militants have repeatedly threatened to kidnap Israelis, hoping to use them as bargaining chips to win the release of prisoners held by

Israel. This would be the first time three civilians have been taken at the same time.

The overnight arrest raid was concentrated in the southern West Bank city of Hebron, in the area where the youths disappeared. Israel imposed a closure on the area, restricting traffic in hopes of preventing them from being smuggled out.

A Hamas website said more than 60 of those arrested were members, including senior figures. **THE ASSOCIATED PRESS**



An Israeli soldier takes position Sunday during a military operation searching for three missing teenagers, near the city of Hebron. MAJDI MOHAMMED/THE ASSOCIATED PRESS

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Presidential election

Afghans brave Taliban threats, violence to vote

Insurgents cut the fingers off nearly a dozen voters and killed 11 other people, including four election workers, to punish them

for voting in this weekend's presidential runoff, officials said Sunday.

The two candidates, former Foreign Minister Abdullah Abdullah and former Finance Minister Ashraf Ghani Ahmadzai, have both vowed to improve ties with the West and sign a long-delayed security pact allowing

nearly 10,000 U.S. troops to remain in the country for two more years.

The Independent Election Commission said initial estimates showed that more than seven million Afghans voted Saturday, or about 60 per cent of the country's 12 million eligible voters.

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The memorial at the Codiac RCMP detachment in Moncton, N.B., shown on June 8. SEAN KILPATRICK / THE CANADIAN PRESS

Thousands run in race to honour fallen Mounties

Moncton. Racers shake hands of officers as makeshift memorial in front of RCMP detachment was dismantled

A memorial race was held Sunday in Moncton to honour the three officers gunned down on June 4. As people ran past the Codiac RCMP detachment, every runner stopped to shake the hands of Mounties dressed in their red serge, who were dismantling the memorial, said Sgt. Alain LeBlanc.

"What happened was quite amazing. It was very unique," said LeBlanc, who is based in Nova Scotia but came to New

Brunswick over the weekend to help out. "I think the members needed this. It was very impromptu, unexpected."

LeBlanc described it as a final salute and said the roughly 40 officers were moved by the outpouring of appreciation from the runners, many of whom were dressed in red.

Run organizer Armand Doucet said he used to run with Const. Douglas Larche and wanted to do something to help the families of the officers.

"When we found out (Larche) had passed away, we decided we were going to honour him," said Doucet of the walk and run, dubbed 3 km For 3 Fathers, which also raised money for the families.

LeBlanc said the memorial on the steps of the detachment — which included flowers, gifts

Permanent memorial

In the days following the shootings and manhunt, the detachment in Moncton became a place for the public to mourn the Mounties and offer their condolences.

- Moncton Mayor George LeBlanc said on the city's Facebook page that a permanent memorial will eventually be erected.

and notes — took about an hour to take down and dozens of people watched.

He said some of the items will go to the families of Larche, and fellow constables Fabrice Gevaudan and Dave Ross.

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Bangkok's go-go bars a go once again

'Party city.' Curfew lifted in Thailand's capital after generals took power in May

The generals who seized power in Thailand last month disrupted one of the country's most lucrative industries — the go-go bars that were forced to close early because of a curfew.

Now the junta has lifted the curfew, giving a green light for Bangkok's red-light districts and other evening activities to roar back to life. For the first time in a month, Saturday night freedom returned to the Thai capital.

"This is a party city, that's why we're here," said Dan Moore, a 40-year-old visitor from England who had arrived Saturday morning and planned to stay up all night to

celebrate a friend's bachelor party. He had flown in, just like the 1980s pop song says, for "One Night in Bangkok."

Moore's group started the night on one of the capital's most infamous red-light streets, Soi Cowboy, where they toasted the curfew being lifted.

"As for what happens the rest of the night? Who knows. This is Bangkok," said the groom-to-be, another Englishman, who asked to be identified just by his first name, Darren, to save his future marriage.

Bars featuring pole dancers are by no stretch the only nightlife in Bangkok, but they are the most notorious. The lifting of the curfew on Friday was part of a more general campaign by the junta to "return happiness to the people" of this politically polarized country.

THE ASSOCIATED PRESS



Tourists and locals eat and drink at a restaurant in Bangkok's Khaosan Road in Thailand on Saturday. APICHAET WEERAWONG/THE ASSOCIATED PRESS

Genetically modified. Seeds of discontent dog plans for GMO field maps

Oregon is looking into mapping GMO field locations across the state after the governor ordered it last fall, but the process faces many challenges.

The move was spurred by several cases of genetic contamination in the region that rendered non-engineered crops unsellable on the export market.

If the mapping goes ahead, Oregon would be the first state to mandate measures for co-

existence between modified and non-modified crops.

Biotech companies and farmers who plant GMO crops say they already coexist and that mapping could lead to crop sabotage.

Organic farmers and others say a mandatory mapping system could increase transparency and help pinpoint the cause and location of genetic mixing.

THE ASSOCIATED PRESS

Thomas Land comes to U.S.

All aboard the Thomas the Tank Engine theme park

Thomas the Tank Engine, the iconic talking cartoon train that has thrilled millions of children around the world, and Edaville USA Railroad, a favourite destination of generations of southeastern New England families, are teaming up on a permanent Thomas-



Thomas the Tank Engine.

EDAVILLE USA/THE ASSOCIATED PRESS

themed park.

Groundbreaking on the first Thomas Land in the U.S. is scheduled for next month, and the park is expected to open for business in summer 2015. **THE ASSOCIATED PRESS**

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Follow your gut and your mind when making financial choices



HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich in and of themselves but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education part of their job. Unfortunately too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessar-

ily riddled with jargon, and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again. Also, request examples and visual representation of what the advisor is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

If you don't understand how a product works or what it does to benefit your portfolio, don't buy it.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncer-

tain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Considering there's a stock market correction of 20 per cent once every five years on average, do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher-interest savings account and bonds until you are confident of a product or strategy. You might not make much money, but it's far better than losing it.



Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make your own smart investment decisions. CHRISTIAN SCHNETTELKER/FICKR

Northern Gateway pipeline opponents plot the next move

Resigned to the idea that federal government approval of the Northern Gateway pipeline is probably inevitable, opponents of the project are formulating a plan to make sure British Columbia's politicians remain opposed to it.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to

repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issues the necessary permits and authorizations, spokesperson Kai Nagata said his group will be ready.

The B.C. government officially declared its opposition to Northern Gateway and told the federal panel reviewing the project that

it shouldn't go ahead as planned. When Premier Christy Clark pressed for a greater share of government revenues for the project she said repeatedly that while the final decision is in the federal purview, there are about 60 permits the province will have to issue for construction to begin.

"So the province could hold construction in limbo indefinitely," Nagata said.

THE CANADIAN PRESS

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TO: Former Residents of the Nova Scotia Home for Colored Children

RE: Elwin et al. v. Nova Scotia Home for Colored Children et al. – Hfx. No 343536

What is this notice?

A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?

The Province of Nova Scotia will pay \$29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?

A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?

No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?

No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?

For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
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PCs CLASH OVER LEADERSHIP

Did he quit? Was he suspended? Does it matter in the post-Ontario-election scheme of the future of the current incarnation of the Progressive Conservative Party of Nova Scotia?

On Friday, PC Leader Jamie Baillie and suddenly former PC MLA Chuck Porter issued duelling announcements, spinning the events of the previous 24 hours.

On Thursday, the two sides agree, Baillie met with Porter in his Windsor constituency office.

According to Baillie, the meeting was to discuss Porter's "non-performance" of his duties, including missing five meetings of the province's public accounts committee and 12 caucus meetings since last October's election.

Porter, who notes he's been elected by his constituents three times with increasing margins, says he has health



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

issues and been advised by his doctors to get more rest. While he admits he missed those meetings, he insists "we never stopped doing work locally."

Porter claims the real problem is Jamie Baillie's "management style."

He's a micro-manager. "I'm not going to be told how to do my job and how to represent my people."

Baillie insists Porter knew "full well" his failure to do "all the duties ... could lead to suspension."

Or resignation.

Intriguingly, it's not the first time Baillie has lost a high profile MLA over questions about his leadership style.

Less than a year after he became leader in 2010, Karen Casey — then a Tory MLA, former cabinet minister and once interim party leader — crossed the floor to join Stephen McNeil's Liberals. She is now his

minister of education.

At the time, Casey said: "This decision was not made lightly. It's about leadership. Stephen is a leader with integrity and committed to public service. We share the same values."

Compared to ...

Like Porter, she made the case she believed she could best represent her constituents by leaving Baillie's caucus. Perhaps tellingly, she only informed Baillie of her career-altering decision five minutes before she made her public announcement.

In the end, of course, Baillie's management style may turn out to be less significant than his discredited, thoughtless, cut-public-sector-jobs-reduce-corporate-taxes-leave-it-all-to-the-private-sector political philosophy.

As we learned from this week's Ontario election results, voters aren't buying.

That may ultimately be far more predictive of Baillie's future than the odd disgruntled MLA.

ZOOM

Follow Me To ...



The "Follow Me To" series, by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when, during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 17 in Scene and page 26 in Sports

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MetroTube

Cat laps up punishment



ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)



JOHN MOORE/GETTY IMAGES

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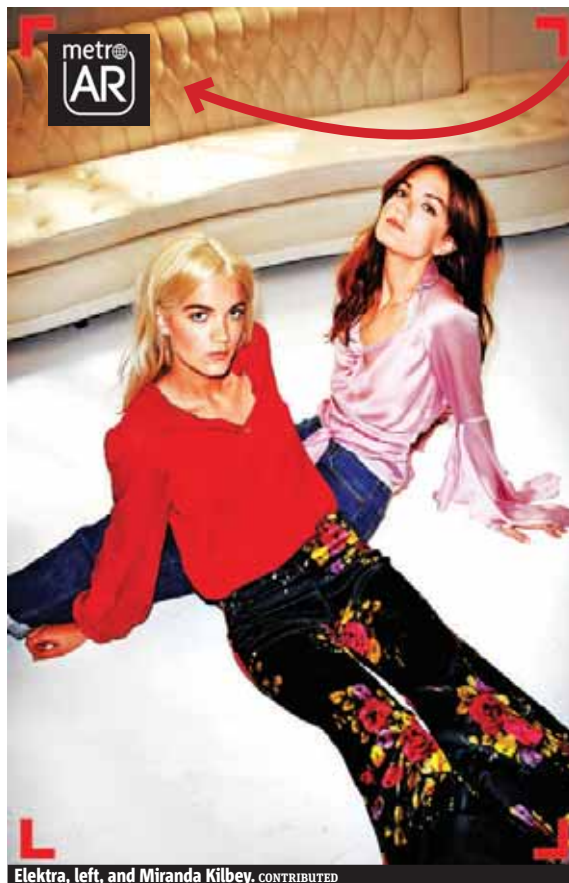
Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT
Metro World News in London

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.



Elektra, left, and Miranda Kilbey. CONTRIBUTED

It sounds like you had a good night at the Great Escape festival.

Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?

Miranda: Ugh, yeah, I fell over and hit my head after

the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?

Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.

Miranda: Everyone says that, but you're like no, but yeah, but no, but...

Is it just a bit grubby?

Miranda: Yeah [laughs].
It seems like you've spent most of your lives on tour. Where do you call home?

Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridiculous. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?

Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?

Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy,

Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?

Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?

Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

2 SCENE

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Ben Affleck. ALL PHOTOS GETTY IMAGES

Gambling is the lesser of Ben's evils

Maybe Ben Affleck's gambling problem isn't such a problem, as wife Jennifer Garner is reportedly standing by him despite taking issue with his casino habit, according to Radar Online. "Jen is happy with Ben gambling because she feels like it keeps him focused," a source says. "The alternatives are

working, gambling and spending time with family or out on the town partying. Gambling replaces that last option. He's either working or gambling. His free time is non-existent. Now she has that rein on him, and gambling keeps him in check."

METRO WORLD NEWS

That's Dame Angelina to you

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and



Angelina Jolie

Downton Abbey star Maggie Smith were also recognized Sunday. METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Have they found love in a hopeless place?



STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyn-

eth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."



Lana Del Rey

Lana Del Rey wishes she was dead

Her last album was called Born to Die, so maybe we shouldn't be too shocked by Lana Del Rey being exceptionally morbid, but her latest proclamation is sounding some alarm bells. "I wish I was dead already," she tells the Guardian during an interview after comparing herself to some late heroes like Kurt Cobain and Amy Winehouse. When the interviewer tries

to get her to take back the outrageous statement, Del Rey counters with, "I do! I don't want to have to keep doing this. But I am." So what's this "this" that she doesn't want to keep doing? "Everything. That's just how I feel. If it wasn't that way, then I wouldn't say it. I would be scared if I knew [death] was coming, but..."

METRO WORLD NEWS

May The Force be with Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him. "There's talk his ankle is actually broken. And he may still be in the hospital. The



Harrison Ford

cast is livid. They are openly questioning the safety of sets. They've asked for everything to be triple-checked." Ford's wife, Calista Flockhart, has reportedly rushed to London to be by his side while he recovers.

METRO WORLD NEWS

TOP SIX @ 6 Weeknights at 6 KS counts down the HOTTEST songs of the day

- 6 Jolo Regular Jo
- 5 Pitbull ft GRL Wild Wild Love
- 4 Ariana Grande ft Iggy Azalea Problem
- 3 DJ Snake ft Lil John Turn Down For What
- 2 Calvin Harris Summer
- 1 Iggy Azalea ft Charlie XCX Fancy

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Twitter

@rickygervais Have a great day

@NiallOfficial Eat a lot and chill on the couch ! Are the two things I'm very good at ,and both will be done today.

@joeldavidmoore Try not looking at yourself first when you see a group picture you're in.

It takes guts to stop being a duck stuck in a financial rut

Changing bad habits.

If you want to build a financial safety net, you must start by opening a savings account



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about \$12 an hour, a \$15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do



Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

something differently so you have a different outcome, you must start somewhere. You cannot save \$10,000 until you save \$1,000. You cannot save \$1,000 until you save \$100. You cannot save \$100 until you save \$10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit

cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to

ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what

your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online com-

munity for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. **THE CANADIAN PRESS**

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal *Psychological Science*, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.

THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against

disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemi-cellulose and resistant starch, which encourages the spread of lactobacillus. The health benefits associated with lactobacillus include fever symptom reduction to protecting against salmonella. **THE ASSOCIATED PRESS**

3
THE

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow



I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than \$46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. – *Lesley-Anne Scorgie/for Metro*



Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to \$7,200 through the Canadian Education Savings Grant and \$2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to \$50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of

Anne-Marie and Peter recap

- | | |
|--|---|
| • Location: Toronto | ing off debt. |
| • Ages: 37 and 33 | • Rent or own: Rent |
| • Occupations: Broadcasting and sports editing | • Top goals for 2014: pay off debt, start an RESP, and start saving a down payment. |
| • Total household income: \$110,000 | • Current net worth: \$85,700 |
| • Life stage: First child arrived May 2014 | • Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter. |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to pay- | |

compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute \$25 per month to the RESP and have reduced their aggressive debt repayment plans to \$200 from \$800 per month.

Peter is working diligently to secure freelance contracts valued at \$18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their invest-

ment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved \$19,700 since January.

Homework:

Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile. **LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.**



Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for baby-sitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately \$500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra \$100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately \$50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately \$550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate

Carolina and Jose recap

- | | |
|---|--|
| • Location: Calgary | no retirement savings, and are committed to paying off debt. |
| • Ages: 33 and 32 | • Rent or own: Own |
| • Occupations: Stay-at-home mom and roofing | • Top goals for 2014: Pay off debt, buy a house and visit family. |
| • Total household income: \$62,000 | • Current net worth: Minus \$7,300 |
| • Life stage: Three daughters aged five, three and one | • Homework from last month: Move into their new home without busting their budget. |
| • Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have | |

further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or \$2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construc-

tion safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved \$26,400 since January.

Homework:

Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

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The unexpected majors of celebrities

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. Find out which celebrity shared your major below.

METRO WORLD NEWS IN NYC



**Kourtney
Kardashian**

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.



Ashton Kutcher

Before he rose to fame playing the dumber-than-a-box-of-rocks Kelso on *That '70s Show*, the sitcom star and producer was planning to study biochemical engineering at the University of Iowa.



Kunal Nayyar

The *Big Bang Theory* co-star studied business and finance at the University of Portland, arriving as an 18-year-old freshman from India in 1999.



Carrie Underwood

A year after winning *American Idol*, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism in 2006.



Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

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**LESSONS FROM
THE DESERT**
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.



Accomplishing one goal can be a key to unlocking greater potential. ISTOCK

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience. My intent was simple: Each year, I would

purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along the fact that I was closer to the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists. I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar. Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Make it a meatless Monday



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these Tofu and Veggie Satays with Black Bean Hoisin Sauce.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because

medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long

or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a non-stick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft.

Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/4 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

App. Mediterranean Stuffed Portobello Mushrooms with Spinach and Cheese

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 4 medium portobello mushrooms (stems removed)
- 1/2 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 cup finely chopped onions
- 2 tsp chopped garlic
- 1/2 cup finely chopped mushroom stems
- 1/2 cup finely diced red bell pepper
- 3 cups fresh baby spinach
- 1/4 cup grated Parmesan cheese
- 2 tsp olive oil
- 3 tbsp chopped black olives
- 1/3 cup crumbled goat cheese

1. Spray a baking dish with vegetable oil.

2. Combine egg and milk. Dip portobellos in egg wash and then in the bread crumbs. Spray mushrooms with oil.

3. Place in 400 F (200 C) oven for 15 minutes. Remove from and set the oven to broil.

4. Meanwhile, in skillet, heat oil and sauté onions until softened. Add garlic and chopped mushroom stems and cook 5 minutes until tender. Add peppers and spinach and cook until wilted, 2 minutes. Add Parmesan, olive oil and olives. Divide over top of mushroom caps and dot with cheese. Broil 1 minute, just until goat cheese



This recipe serves two. ROSE REISMAN

is browned. ROSE REISMAN

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Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

It took Lionel Messi just over an hour in Argentina's World Cup opener against Bosnia-Herzegovina to show why so many fans consider him the best in the world.

After a frustrating first half, the Argentina captain scored in trademark style in the 65th minute on Sunday night, completing a quick 1-2 connection

with Gonzalo Higuain and running through defenders before striking a brilliant left-footed shot off the post.

The goal — only the second for Messi on football's biggest stage — set off wild celebrations among the throngs of Argentine fans that had turned the famed Maracana stadium into a sea of blue and white. It also energized an unimpressive Argentina team that was ahead at that point only because of an early own goal by Bosnia.

Vedad Ibisevic scored a close-in goal in the 85th, but Argentina held on to win 2-1 in the Group F match.

"It's the first game, I was anxious, nervous," Messi said. "It was important to start with a win. We've got to improve certain things, but it was important to start with the three points."

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

THE ASSOCIATED PRESS

Standoff in Rio

A Brazilian police officer can be seen on an Associated Press video firing what appears to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

- During the small but violent protest, another man in plainclothes who identifies himself as a police officer also pulls a pistol and fires two shots into the air near the stadium.

France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "(The players should) savour the moment, there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS

Kaymer dominant in winning U.S. Open



Martin Kaymer reacts after completing his eight-stroke win at the U.S. Open on Sunday in Pinehurst, N.C. STREETER LECKA/GETTY IMAGES

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and

Pulling away early

65

Martin Kaymer set the U.S. Open record with back-to-back rounds of 65 to set the pace at 10-under 130 through Friday.

Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four

shots over the final 48 holes.

Only a late bogey kept Kaymer from joining Tiger Woods and Rory McIlroy as the only players to finish a U.S. Open in double digits under par. He made a 15-foot par putt on the 18th hole, dropping his putter as the ball fell into the centre of the cup, just like so many other putts this week.

"No one was catching Kaymer this week," Compton said, who closed with a 72. "I was playing for second. I think we all were playing for second."

THE ASSOCIATED PRESS

Spurs' Big 3 thwarts Heat's 3-peat bid

NBA Finals. San Antonio wins its fifth title after wrapping up series in five games

From their low moment in the NBA Finals, back to the top of the league.

The San Antonio Spurs turned the rematch with the Miami Heat into no match at all.

The Spurs finished off a dominant run to their fifth NBA championship Sunday night, ending the Heat's two-year title reign with a 104-87 victory that wrapped up the series in five games.

A year after their heart-breaking seven-game defeat, their only loss in six finals appearances, the Spurs won four routs to deny Miami's quest for a third straight championship.

"Hard to believe, isn't it?" Manu Ginobili said. "We played at a really high level."

Kawhi Leonard, named the finals MVP, had 22 points and 10 rebounds for the Spurs. San Antonio added this title to the ones the Spurs won in 1999, 2003, 2005 and 2007. They nearly had another last year, but couldn't hold off the Heat and lost in seven games.

San Antonio rebounded

Bright future

"Right now, it's just surreal to me.... I have a great group of guys behind me."

Spurs forward Kawhi Leonard, on being named the NBA Finals MVP

Game 5	
104	87
Spurs	Heat

from an early 16-point deficit by outscoring the Heat 37-13 from the start of the second quarter to midway in the third.

The celebration the Heat cancelled last season was on by the early second half Sunday.

LeBron James had 17 first-quarter points to help the Heat get off to a fast start. But it wasn't enough. He finished with 31 points and 10 rebounds for the Heat, who lost their spot atop the NBA to the team that had it so long.

The Spurs won four titles in nine years, but hadn't been back on top since 2007.

Tim Duncan and coach Gregg Popovich have been here for all of them, and it was the fourth for Tony Parker and Ginobili, who with Duncan are once again the reigning the Big Three in the NBA.

"Just a great team and we do it together," Parker said.

Bosh finished with 13 points and Wade just 11 on 4-of-12 shooting for the Heat, providing James nowhere near the help he needed.

The painful conclusion to last year served as the fuel for this one, powering the Spurs to a 62-win season that topped the NBA and led to a rematch with Miami, the NBA's first in the finals since Chicago beat Utah in 1997-98. **THE ASSOCIATED PRESS**



Kawhi Leonard of the San Antonio Spurs celebrates after being named the MVP following Game 5 of the NBA Finals against the Miami Heat on Sunday in San Antonio. The Spurs won 104-87. CHRIS COVATTA/GETTY IMAGES

MLB. Marlins rally past Pirates after McGehee's sacrifice fly in the 10th

Casey McGehee completed his sacrifice-fly trot near first base, then started toward the Miami Marlins dugout and was met by the sight of the entire team gleefully sprinting toward him.

McGehee, who has delivered plenty of clutch hits this season, started a celebration Sunday with an out.

He tied the game in the eighth inning with a two-out, two-run double, then drove

home the winning run with a sacrifice fly in the 10th, and the Marlins averted a series sweep by beating the Pittsburgh Pirates 3-2 Sunday. Miami earned its sixth walkoff win and broke a three-game losing streak.

"It's one of those feelings you can't really describe," said McGehee. "It's a special feeling because you've been grinding for however many innings..." **THE ASSOCIATED PRESS**

MLB. Cleveland completes comeback with Swisher's winning homer in the 11th

Nick Swisher finally has something to savour in a tough season — a game-winning homer.

He had spent 16 days on the disabled list before being activated Thursday. He was batting just .203 when he came to bat in the 11th inning on Sunday.

Then he led off the inning with his fourth homer of the season, giving the Cleveland Indians their second straight 3-2 comeback win over the



Nick Swisher celebrates his game-winning homer. GETTY IMAGES

Boston Red Sox. **THE ASSOCIATED PRESS**

MLB. Navarro, Happ help Blue Jays get even with division rival Orioles

Home-field advantage hasn't taken hold this season for the Baltimore Orioles, especially when Chris Tillman is on the mound.

The Orioles wasted a fine pitching effort by Tillman and lost to the Toronto Blue Jays 5-2 Sunday, leaving Baltimore with an unsatisfying split of the four-game series.

The defeat dropped the Orioles 4-1/2 games behind the first-place Blue Jays in the AL East and dropped their record at Camden Yards to 16-17.

Baltimore went 5-5 during a homestand against Oakland, Boston and Toronto.

Tillman (5-4) allowed three runs and eight hits in seven innings. He's 0-4 with a 2.78 ERA at home and 5-0 with a 6.33 ERA on the road.

J.A. Happ pitched effectively



Jays pitcher J.A. Happ throws to an Orioles batter Sunday. GETTY IMAGES

into the seventh inning and Dioner Navarro had three hits and two RBIs to help the Blue Jays forge a split.

"It means a lot," Navarro said.

"It's a good series in general. We made some good plays, we got some clutch hitting," Toronto slugger Jose Bautista added. **THE ASSOCIATED PRESS**

NBA

Knicks hope to hold on to Melo

Carmelo Anthony wanted New York, and the Knicks wanted him. Now, a little more than three years after the trade that brought them together, Anthony could decide to leave.

The Knicks would like him to stay, but they realize he will have some appealing options if, as expected, he tests free agency.

"I would love to have the opportunity to work closely with Carmelo," said new Knicks coach Derek Fisher. **THE ASSOCIATED PRESS**

Rugby

Canada loses tight battle with Scots

Canada may have been within a couple of points of knocking off a Tier 1 rugby team Saturday, but there was no celebrating in the Canadian locker-room.

A controversial penalty in the dying minutes made sure of that.

The Canadians dropped a 19-17 decision in an international Test match at BMO Field to Scotland — a country that sits a full eight positions higher than them on the world rankings. **THE CANADIAN PRESS**



25th time's a charm for J.J.

Jimmie Johnson, left, sprays Champagne on crew chief Chad Knaus after the NASCAR Quicken Loans 400 auto race at Michigan International Speedway in Brooklyn, Mich., Sunday. The six-time series champion won for the first time in 25 Cup starts at MIS, outlasting pole winner Kevin Harvick by 1.214 seconds.

CHRISTIAN PETERSEN/GETTY IMAGES

Scan the image with the Metro News app to view a gallery of the Stanley Cup celebrations in Los Angeles

Champion Kings has nice ring to it



Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. CHRISTIAN PETERSEN/GETTY IMAGES

At least the players think so. Stanley Cup winners from Los Angeles stake claim as perennial powerhouse with second NHL title in three years

Drew Doughty never hesitates to say what the rest of the Los Angeles Kings are only thinking, and the star defence-man's mind was already on a third Stanley Cup title while his teammates celebrated their second on the ice behind him.

"Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime, cup-winning victory over the New York Rangers.

With two NHL championships in three years, the Kings are building a hockey dynasty

in an unlikely place. Hollywood's team is hardly the most glamorous in the league, but the Kings' commitment to hard work, team defence and playoff excellence puts them in position to contend for years to come.

Los Angeles' core is mostly in its prime, a balanced collection of gritty veterans and promising young talent. The Kings have only three unrestricted free agents, including late-season acquisition Marian Gaborik.

What's more, they've built a culture of winning that got them through a gruelling 26-game post-season run that included a 3-0 deficit in the first round, three consecutive seven-game series in the Western Conference playoffs, and three overtime games in the cup finals.

The Kings have no worlds left to conquer, but they're eager to do it all again when training camp opens in three months — after an appropri-

Surge from the south

California hockey has never been better, with Pacific Division champion Anaheim and perennial contender San Jose poised to be good again next year. Dallas and Minnesota made significant strides this season, and St. Louis still looks like a force.

ate celebration, of course. They'll have a parade through downtown Los Angeles on Monday.

"We've got a special group here," goalie Jonathan Quick said. "We just finished four incredible difficult and exhausting rounds. These were probably the most tiring two months of hockey I've ever played. So we have a special group to be able to overcome everything we've been challenged with, and we just want to party now."

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June 16

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Horoscopes

Aries

March 21 - April 20

The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

Taurus

April 21 - May 21

Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

Gemini

May 22 - June 21

The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

Cancer

June 22 - July 23

Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

Leo

July 24 - Aug. 23

Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

Virgo

Aug. 24 - Sept. 23

When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

Libra

Sept. 24 - Oct. 23

Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

Scorpio

Oct. 24 - Nov. 22

Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

Sagittarius

Nov. 23 - Dec. 21

You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

Capricorn

Dec. 22 - Jan. 20

You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

Aquarius

Jan. 21 - Feb. 19

When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

Pisces

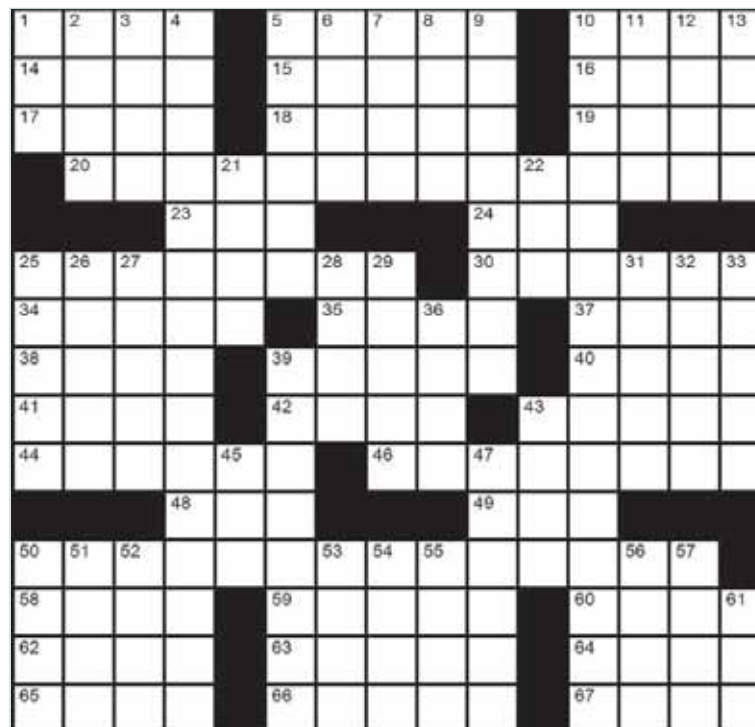
Feb. 20 - March 20

You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra stand-out
15. Take apart the Hoover, say
16. Antarctica's Prince Coast
17. "Star ____"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trail-blazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, ____-Lavalin
24. Funny! ____-hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The ____
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.":



2 wds.

41. Fast food titan Ray
42. No: German
43. Trim
44. ____ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-____
49. Pasta names suffix

50. Serena Ryder hit: 4 wds.
58. ____-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish

64. Particle
 65. Carry
 66. Ms. Sagal
 67. Detect
- Down**
1. Baseball great Mel
 2. Genuine
 3. Brother of Cain
 4. Summery retreat as in The Muskokas in

- Ontario: 2 wds.
5. Fine difference
6. "Step ____ pets." (Furry friends palindrome)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique

- store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ____
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "____ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud ____, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, ____
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, ____ Boss
52. Commonly: 2 wds.
53. Vitamins brand, ____ Day
54. Building block
55. Sole
56. Fall
57. Catch ____ ('Get')
61. Prepared

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

9		6			1		5	
				5	3			1
5				4		8		
		9					7	
		3	1		7	5		
		7				2		
		4		6				5
2			8	1				
	5		3			1		2

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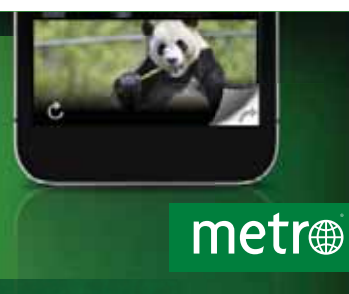
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